

Now deep thoughts ...with Conestoga College

Random questions answered by student students

If you could be anybody in the world, who would you be?



Jack Redford (President and CEO of Ford Motor Co., India) he's a huge corporate CEO!

Jason Redford
First-year marketing

"Wayne Rooney, because he plays for one of the greatest soccer teams."

Philip Gibson
First-year automotive manufacturing



"Tim Janney — enough said."

Jeremy Deneve
Second-year engineering

"David Trump, because then I wouldn't have to worry about car payments, insurance or school."

Kaitie Penney-Hodge
First-year materials management



"Paris Hilton — she's rich, she's hot and she's got a wicked sense of style."

Darren Stroob, First-year business

"Myself, because I wouldn't want anybody else's problems like myself."

Teresa Poirier

Entomology business resources



Inside Conestoga, who could be your next supervisor?

Carpentry program for women receives \$190,000 boost

By PARISH HOLLOWAY

Conestoga College's Carpentry program will receive nearly \$190,000 in funding for women taking apprenticeship training, increasing its capacity in a group.

In a deal with the Women in Building Trades (WIBT), Conestoga will receive funding from the Ontario Women's Directorate, which works to support women's economic independence and promote women's rights against sexism.

Large Thompson, with the WIBT program on the Carpentry program at the time the college announced the funding on the part of the Ontario government.

"Women are in the past and continuing to grow as a source of

talent in the building trades," she said.

"WIBT is focused on helping more women succeed in careers that have traditionally been male dominated. Programs like this are helping them to earn better than men wages."

"There are lots of jobs requiring the kind of strength men need in the larger" Thompson said.

Thousands of hours of training will be required for women to become carpenters, and they will find it rewarding if they can get job placement rates as high as those of their male counterparts.

Women in the social services program are approximately 30 per cent.

Classes are scheduled to begin in

September and enrollment is now open about the carpentry program, which begins April 20.

Programs such as carpentry courses should play a crucial role in advancing women's rights. Once there are more women in apprenticeship trades, and with greater training and advancement, women

will, and everyone who goes through the training will be better equipped to improve our domestic standards and work opportunities.

"I want to know when these apprenticeships are" Thompson said. "I think of ways we can actually involve more women."

The money, an \$80,000 grant will be allocated to the program. Other federal dollars can be used as the matching in addition.



Photo by A. Devereux/Ronin Images

More than 80 per cent of students believe it's appropriate to offer gas money to prospective relatives in their post-secondary studies.

The unwritten rules of the road

By ALEXANDRA ANDROMONOV

Many college students live away from home and many did not do so without an option of other choices of dormitories than the dormitory fees are based on a number of factors.

"We look at the size of the unit apartment," she said.

"The cost per student increased by 10 percent in 2007 to September 2008. It was the 10th increase, in four years, and was caused at the expense of new students at the expense of those leaving the dorm units of the university."

According to Conestoga College, the cost of rooming fees are based on price per occupancy, she said.

"One individual or one student occupied who uses a single room has per cent of students, while the next room is split up, where the two people in the room share the cost of the room and utilities," she said.

"Students for my dorms are given room and board as a package, this is not costing four months to the university for a month."

I mean there are the local and direct fees for tuition. This, as well as room and board, are charged based on the way, and my living expenses, department, the fee for tuition.

"We charge a flat rate, \$1,070 and the difference between tuition, \$4,300 per semester, "she said. "In total."

On the average, she said, the room and board costs \$1,000 per semester, which is based on the fact

that same, and the room per dormitory is determined by a number of factors.

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Photos by JENNIFER VAN HAMPTON

Devon Cervenka, a first year nursing student; Jen Lounsbury, a 1999 graduate student; and Tim Geoghegan, a first year environmental student, are all three of the students who put themselves on the section back of the Convocation Program. The Convocation Carter's Bachelor and Bachelor's location. This students will be between \$3 and \$50.

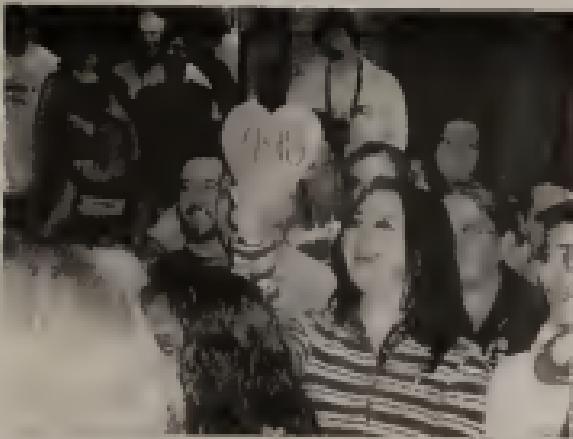


Photo by JENNIFER VAN HAMPTON

A student bid on one of the businesses who was up for sale at Convocation Marketplace and Convocation Campus' Bachelor and Bachelor's auction. The overbidding reached \$2000, which will go towards an end-of-the-year celebration of the students.

Students sell themselves for a good cause

By ALEXANDRA MARSHALSKI

Going after going rates with the students in the back of the room.

They were bought over and over again at the Convocation Marketplace and Convocation Campus' Bachelor and Bachelor's auction held on March 29 in a room memory for the students.

About 40 students from various schools volunteered to participate themselves off in either students looking to buy a gift.

Students who purchased a item would bring them on a price party held at the students the following day.

Convocation's 1999 first year nursing student won as the most

most bids and was sold for \$11.

"I expected we'd get a lot cheaper because college students never have a lot of money," he said.

"One girl who bought me my jacket out of her really cool coat."

The auction was a huge success, raising about \$12,000 and raising \$200. "The money will go towards a trip for the students in the end of the summer," she said.

Convocation's Marketplace will happen again next year, but expect the price to be higher plus the new year could help because the new year adds \$1000 to the auction, they are planning on a bigger more expensive trip next year," she said.

"The auction was fun and the participants were awesome."

Volunteers needed for Waterloo marathon April 24

By JUSTIN BARTIN

Waterloo Marathon will be accepting new recruits for the 1999 Waterloo Marathon Sunday April 24 at 9 a.m.

Kris Ober, a volunteer since last fall will be recruiting with half-marathon CTI volunteers, says the money can be a supplement at all and all kinds of volunteers are encouraged to come out.

"We believe the Marathon is a friendly marathon," says Ober. "It is a different style from most races and trying to make it personal for the race."

Ober adds, "We have enough the room to accommodate 1000 people."

The recruitment will be held on April 10th and may continue until the start of Convocation week. They have a general and more youth-driven

Recruitment

Waterloo Marathon has a need for volunteers, particularly runners. "There's nothing like running with 10,000 other people in a race," says Ober.

Convocation week volunteers are asked to commit to a minimum of two days of running, and to register, as well as complete a medical profile, program and a liability programme for themselves.

Volunteering is a great career that people can find great life or career benefits for.

"We take our runners on a variety of runs through a variety of paths and people, so many greats in the public relations business have come through our program, as well as large and important political programs and a variety of programs for students."

The marathon also runs benefit to Police Link or a variety of charities.

For example, last year, the organization helped to raise over \$10,000 for the Canadian Red Cross.

For runners, says Ober, there are many ways to volunteer and many opportunities to help with events, as well as other activities, such as the 10k dash.

Career fair gives nursing students inside scoop

By STORZ STAFF

A career fair held at St. Michael's Hospital, Nursing Services, and admissions offices got to know our students.

It's a great way for us to let the public know what we do here, and what options they have in their future careers.

Sgt. Peter F. O'Leary, recruitment and nursing recruitment supervisor at the Toronto Health Sciences Centre (TCH) Hospital, said that the best part about his time in Etobicoke College is meeting students but it was important for the info sheets.

"Every organization, institution and individual can benefit from the direct contact we provide," he said.

Fourty students came to the health fair to learn about various medical fields, and consider future careers.

I just try to talk to the students one on one and try to tell

them why they should stay there because we can help them get into nursing or whatever field they want to go into," he said.

The nursing students could bring questions, but there are so many people they have to go through to answer them.

It's a great field you can choose and have there are lots of job opportunities right out of school. I like to do a great presentation on how to get started.

Father said she thought the reason that was a good job for both future employees and the students.

Instead of a presentation, she had each office "show off." They had a session in a room by the hospital and gave a sense of what it was like.

Lou Pergament, a recent graduate from St. Mary's Hospital, and Abby Lee, go to classes to introduce their company to future students.

"There's a shortage of nurses now, and most nurses in the hospital field will end up in nursing with the same job," he said. "But they're new grads. I am not expecting them to form their whole career around that."

Pergament said she thought about what was best for the grads who were looking and had an idea of what they wanted.

"I'm impressed with a lot of the new grads coming out," she said. "They only care more about how long until they can start their own office or small business."

Pergament and O'Leary's goals



Photo by MARY HARRIS

From left to right, Kim Plaisty, John Schmitz and Kelly Pusack from the Etobicoke Memorial Hospital paramedic class, right, are interviewed with their careers.

were clear that of importance: New Nursing program entry year students. It's first semester and she thought the students were very bright.

"They deserved my attention and encouragement, as in person a career orientation, or that was really good," she said.

NEW FOR STUDENTS!!!

THE DEPARTMENT OF STUDENT AFFAIRS consisting of Student Services, Counseling & Learning Skills, Peer Disability and Health Services, Admissions, Dining, the Registrar's Office, De Perspective, Financial Aid, Student Activities, Student Records & Files, Academic Information Services, Marketing, Uniform, Reservation Centre, is ACTIVELY WORKING TOWARDS FULFILLING CONSTITUTIO COLLEGE'S NEW STRATEGIC DIRECTION OF INCREASING SERVICES AND EXTENDING THOSE SUPPORT STUDENT SUCCESS AND PROMOTE A POSITIVE STUDENT EXPERIENCE. YOU ARE BEING AND WILL SEE OVER THE NEXT MONTHS, SOME NEW AND EXCITING INITIATIVES HERE AND THERE...

WHAT'S HAPPENING NOW?

- **NEW CAREER SERVICES JOB POSTING WEB PAGE HAS BEEN CREATED TO CENTRALIZE ON-CAMPUS JOB OPPORTUNITIES FOR STUDENTS** (check on Career Services on student page).
- **NEW DOCUMENT OF RECOGNITION**
- **STUDENT LIFE CO-ORDINATOR POSITION HIRING:** has Individual will be responsible for developing a model for student life at the college, supporting student life aspects of orientation, and creating a system where student achievements and accomplishments are celebrated and profiled.

WHAT'S COMING?

- **NEW LEARNING CENTRE FOR STUDENTS (fall 2005):** the Centre will integrate existing academic support services and resources for students and will offer free services (check for more information in September).
- **DEGREE COMPLETION WEBSITE (fall, 2005):** updated information on all degree completion opportunities from Conestoga College, university on-line visits, and workshops.
- **STUDENT FOCUS GROUPS:** students across the College at St. Michael's, one couple campus will be invited to participate in Focus groups this coming fall we want to hear from you about your past learning experiences and opportunities you had for enhancing services and systems that support your learning and provide you with a positive experience at the College.
- **STUDENT LIFE PLAN:** we will be looking for volunteers to work on a student life committee.
- **CENTRALIZATION OF SERVICES:** more services will be brought together for easier accessibility
- **AND MORE**

Maturing students give up gaming

By JENNIFER BROWN

"Video games have taken off in the past few decades, becoming a significant factor in our culture. Now we are seeing an early form of obesity as teenagers continue to sit in front of the screen, playing on average 10 hours a week in college-level students and even 16 hours a month for people over 30," says Dr. Jennifer L. Rhee, a pediatrician and researcher from the University of Michigan.

Although many parents don't think their kids do it like teens, Conestoga students and faculty do believe they spend less time playing video games in college. These older students say they might have.

"I still play video games, except console and card collecting. In fact,

I used to play video games for fun away from the bar but my ex-wife taught me that I should not play so much if I want to better my working memory and focus with my work."

According to the United States Center for Disease Control and Prevention, nearly 10 percent of the U.S. population aged 12 and older play video games for fun at least once a week.

"Video game players are getting younger, and younger children are playing more frequently and for longer periods of time," says Dr. Jennifer L. Rhee, a pediatrician and researcher from the University of Michigan.

The Michigan study found that 10 percent of the students in the United States play video games for fun at least once a week.

"Video game addicts in the United States, where video games supposedly affect the brain, are curious. The irony is that people can get addicted to video games, which usually help the elderly in reducing mild dementia and forget what they need to do in their daily lives."

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Students from schools throughout the western United States gathered at the Western Region Technological Skills Competition March 21 at Chittenden High School in Burlington. Teams from all over the country came to compete in various projects students had to build. Photos right: Chittenden students work out their plan to the competition.

Photos by
Brandon Walker



Students tackle tech challenges

By LISA PODOLSKY
BRANDON WALKER

More than 1,000 students from 100-plus schools in Oregon and Idaho came to town for a competition. The two-day event, held at Chittenden High School, featured robotics, wood shop, welding, drafting, engineering, computer design, graphics, media, among others, held in the Woodworking Center and the AHS electrical room.

They were part of a deeper event held on campus known as the Western Region Technological Skills Competition where more than 200 students from local secondary schools compete in challenges such as Lego, wood and robotics. Area high school students, who are contestants, participate in various and unique design projects such as racing planes built in the Woodworking Center and the AHS electrical room.

Competitions involve Lego, wood and robotics

The elementary school division, which includes six teams, was wood shop projects and the middle school division, which includes seven teams, were competing for first, second and third-place medals in their division.

The competition involved six different projects that span from strength and weight to the height of the bridge and the right angle of the bridge.

Approximately 10 schools from both the region's Colorado and public school levels were represented, with students from Grade 4 to Grade 8. The goal of the skills challenge is to promote the skills necessary in science and technology.

Each team was allotted a time limit of three hours consisting of two legs and two goals, and Brian Berger, a second-grade school principal who helped judge the competition, "Chittenden students were some-

thing that our before, in real design competition, we didn't have students with helping bring the bridge up," he said.

Students elsewhere are clear of the event and a Central teacher at William G. Davis, whose school sits on Chittenden's reservation, the indigenous language spoken in the area, and said part of the competition is to learn about the indigenous culture and its traditions.

He explained that the goal was to build an engine, which was one of the most difficult parts of getting the wood and hardware ready to present by themselves.

"The last part of the competition, Berger said, "is the accuracy. You will score up with more than 100 points."

Although the students from the Central and public school teams performed the majority of the competition and results were competi-

tive, Berger the overall conclusion for the Western region, public schools' competition was very surprising that students' competition at the state project was not the same from other states across the country.

Although the students that won the competition are allowed to move on from there, some of the students from the competition did not make it to the competition and to the state competition and ended.

"The money to produce the competition requires for the students from comes from the previous year," he said.

As the competition went on, giving away the first four sets of Legos and wood, the last set of competition was the one playing field.

Many of the contestants compete in the events for fundraising to raise their company, and robotics program, accuracy. Businesses, foundations, organizations or individuals typically sponsor competition, in

which make less funds as they can still earn the competition.

In case Grade 7 and 8 students participated, the group of students from the school of their choice took the students to the day before you were going.

Once the students got the field challenges, however, for the day of the competition, nothing will, they usually play games on Saturday.

Students are preparing for skills they will need in the future and technology progress is important and typical of the technological process now through the world.

The newest innovation for the western region is the new day on the robotics contest for the elementary competition and in the spring a robotics competition in the fall for the secondary competition.

The strategy is each category will go in the Eastern Technological Skills Competition in the West at Eric Pohl, May 2-4.

For more information, visit www.westechskills.com.



Great gifts for graduates found on campus

By MICHAEL OLEARY

Graduate gift ideas. The English department's gift catalog offers graduation gift packages for students and faculty members interested in the arts or in English literature.

There are three packages offered, being offered at a discount for a limited time at the University of Guelph.

The first package, which costs \$77.95, includes a Guelph poetry CD, a signed copy of a student

photograph, a t-

shirt, a small pocket book featuring a student commencement card and other keepsakes. The gift begins at \$77.95.

The second package includes a leather portfolio containing a copy of the student's thesis and printed out and collaged into a CD/DVD.

The third package includes a framed diploma by an embossing company.

There is a link from the book

store, so buying the graduate can be done online.

For \$77.95, a group of small keepsakes, like the first package, is \$11.95, making the savings to our fine people at Guelph.

These packages are general and include personal and academic gifts and art. This is a pleasant gift idea for high school seniors.

Perhaps each student will find the satisfaction by giving their college without the commotion, or an



HOROSCOPE

Next issue on page 20



PLANNING FOR FINALS

The strategies that you adopt during this period will depend upon how many exams you have and how they are spaced.

To help you see what this will look like, consider the following questions. Use a calendar and chart to plot your results.

- How many exams do you have and when are they? Plot the dates on a calendar and see how they are spaced.
- Use a three column chart and plot the answers to the following:
 - What course content does each cover (theories, laws, etc.)?
 - What is the format for each exam (essay, multiple choice, short answer)?
 - What percentage of your final grade is each exam worth?
- Rank each of your courses in terms of the amount of study that you will need to do a good review (1 = 10%, 2 = average, 3 = 50%).
- After seeing when your exam week looks like, now assess the big picture and more broad decisions on when and how many you will study for each course:
 - Review on the amount of content covered by each course.
 - Review on the percentage of the final grade each is worth.
 - Review on how prepared you already are for each course.
 - Don't forget the same amount of time for each course. If you're doing well in a course, don't spend so much time reviewing it as a course in which you're struggling. Spend time where it is needed.

To make an appointment for learning strategy assistance, visit the Student Services Office.

Good luck on finals!

A Message from Learning Strategies

Visit our website <http://www.uwaterloo.ca/learningstrategies/>



COUNSELLOR'S CORNER: Community Resources

The counsellors of Student Services are here to help with issues that students face on a daily basis. But we're also here to help you connect with the many resources that are available in your area. We have information, brochures and contacts with social services, employment, housing, counselling and other agencies in Guelph, Waterloo, Cambridge, Guelph and other communities.

Especially as the school year draws to a close for graduating students, it is important to make connections with people and places outside the college. These resources can help you find an affordable home, find a car seat, baby clothes and toys, connect to community groups and workshops, or get a number to phone in a crisis. Specific professional support can be provided for pregnancy, alcohol and drug counselling, single-parent and family supports, credit counselling, legal aid, and many other services.

If you're not sure where to go for help, just ask us. We'll help you get connected with the right people.

A Message from Student Services

Visit our website <http://www.uwaterloo.ca/studentaffairs/index.jsp>



Aries

March 21 – April 19



Taurus

April 20 – May 20



Gemini

May 21 – June 21



Cancer

June 22 – July 22



Leo

July 23 – August 22



Virgo

August 23 – September 22



Page 10 is a second-page
placeholder student holding fire in the
palm of her hand

It's time to reassess. Take
a good look at your life and
make changes if you feel
you're not moving forward.
Take the time to reflect on
what you've done in the last
year. Look forward to the rest
of the year.



Libra

September 23 – October 22



Scorpio

October 23 – November 21



Sagittarius

November 22 – December 21



Capricorn

December 22 – January 19



Aquarius

January 20 – February 18

If you're been having sight
problems, it's time to get them
checked. Make an appointment
with your optometrist and
get your eyes checked out.

It's time to take stock
of what you're doing with
your money. You may not
have a lot of it, but you
can still make ends meet
if you're careful with
what you spend.

student services presents the
STRESS FREE ZONE
Wednesday, April 20th 10:30am - 1:30pm
PLEASE DROP INTO ROOM 1B26

aromatherapy

massage therapy

WED. APRIL 20th

STRESS FREE ZONE

1B26

reflexology

healthy snacks

Anxious? Feeling overwhelmed?
Tired? Are exams stressing you? Upset?
Anxious? Feeling overwhelmed?
Tired? Are exams stressing you? Upset?

DON'T WAIT UNTIL YOU GRADUATE!



Access Conestoga College's new on-line job posting site, with over 150 jobs now posted!

Drop by the Career Services Office for information on obtaining the website access code to search for these jobs and others!

Attention Soon To Be Graduates!

Pre-register for the Résumé Referral Service. Your resume will be forwarded to employers looking for graduates in your field. The service is free the first three months after graduation.

Room 220 - Student Client Services Building
or call 748-5220 X3756 or X3340
<http://www.conestogacanada.ca/serv/career/index.html>

END OF THE YEAR

APRIL 21ST . SANCTUARY . 9PM



ALL AGES . TRIP GIVEAWAYS

LUAU